

Support and expand peer support promoting positive youth development and prosocial relationships

- A vital component of peer support is individuals feeling prepared and giving accurate information. Organizations utilizing a peer model should continue to ensure sufficient structure, supports, and training.
- Support the establishment and growth of safe spaces that encourage a culture of community and resilience.

Peer support provides a unique opportunity as peers can offer their unique lived experience with behavioral health conditions to provide mentorship and support. Benefits include:

- Skill development
- Decrease in stigma
- Increased motivation
- Gaining hope
- Decrease in feelings of isolation

Peer support can assist by:

- Increasing service quality
- Decreasing turnover
- Decreasing stigma
- Enhancing the affordability of care
- Decreasing issues of transportation
- Decreasing the impact and misinformation of social media
- Increasing people’s knowledge of both behavioral health and available resources
- Providing baseline prevention care
- Providing culturally responsive services



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“ For peer support in particular, people are looking for community and to feel less alone in their experiences. One of our group members just said it so beautifully -They’re like, I go to therapy to learn skills, but I come to a group to love and be loved. ”
 ~ Key informant interviewee

“ I actually got a mentor [...] and she really helped me boost my confidence and figure out who I am as a person. And I guess she also helped me, my worth, I guess, and like helped me, I don’t know, try to think positive more. ”
 ~ Focus group youth